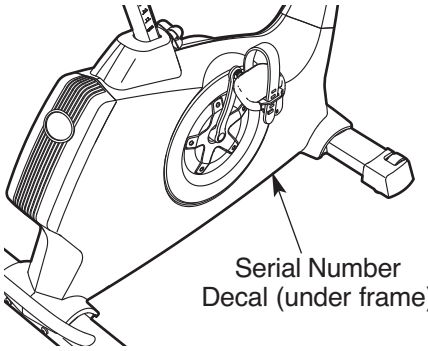
NordicTrack® C7 ZL

USER'S MANUAL

Model No. NTEVEX78009.0
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

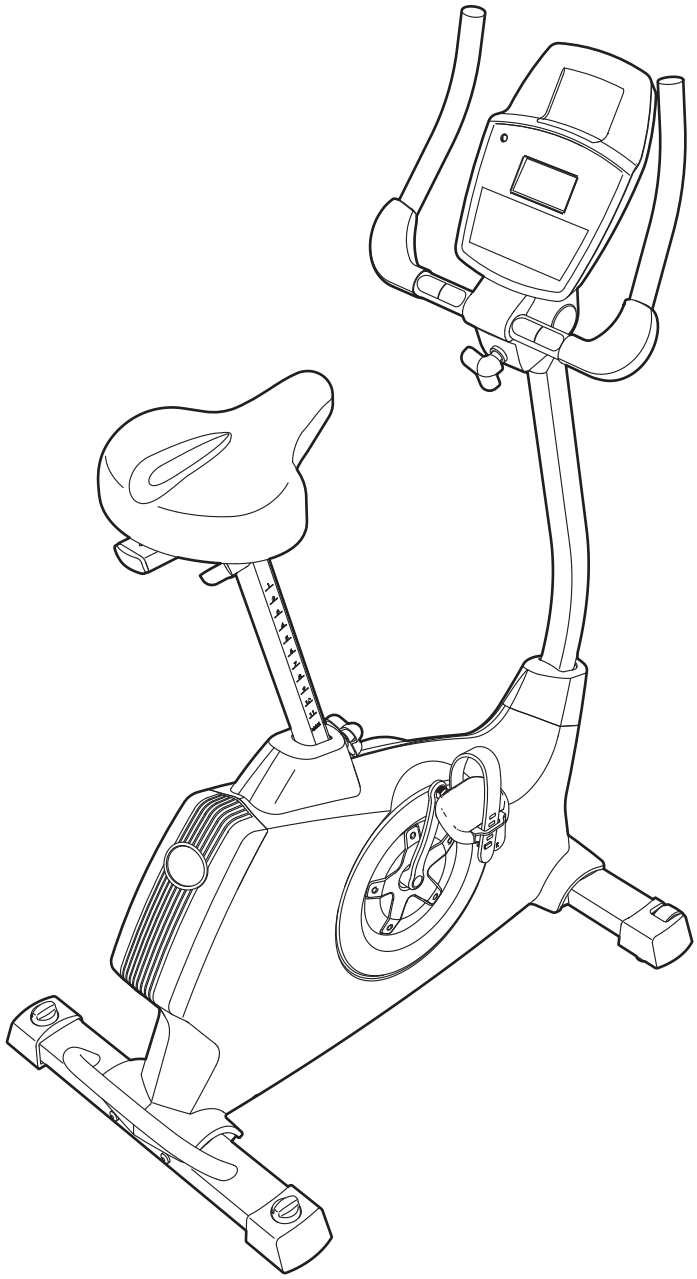
Call: 08457 089 009
From Ireland: 053 9236102

Website: www.iconsupport.eu
E-mail: Visit www.iconsupport.eu

Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



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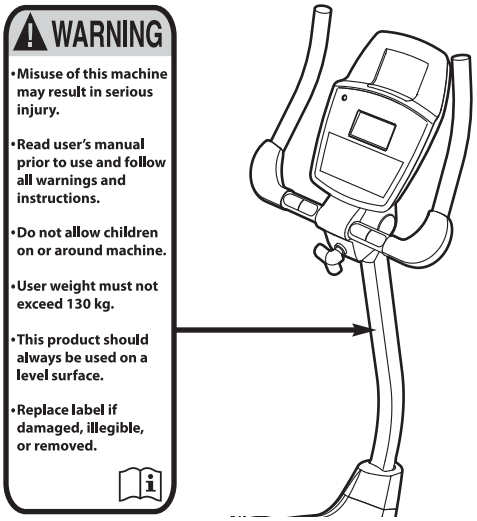
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise cycle before using your exercise cycle. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

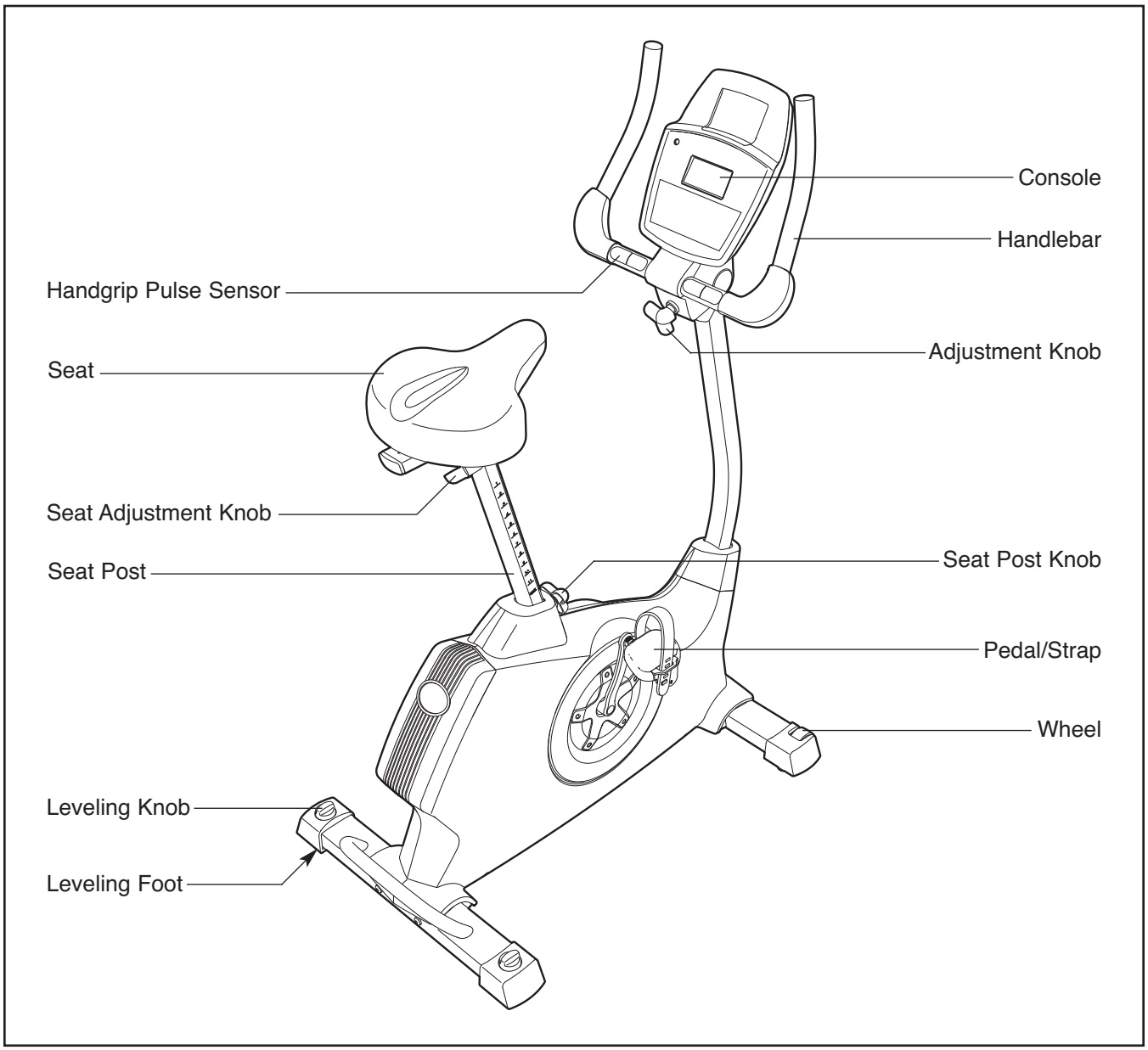
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the exercise cycle only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.**
4. **The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.**
5. **Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around your exercise cycle.**
6. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
7. **Keep children under age 12 and pets away from the exercise cycle at all times.**
8. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.**
9. **The exercise cycle should not be used by persons weighing more than 287 lbs. (130 kg).**
10. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
11. **Always keep your back straight while using the exercise cycle; do not arch your back.**
12. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® C7 ZL exercise cycle. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The C7 ZL exercise cycle provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

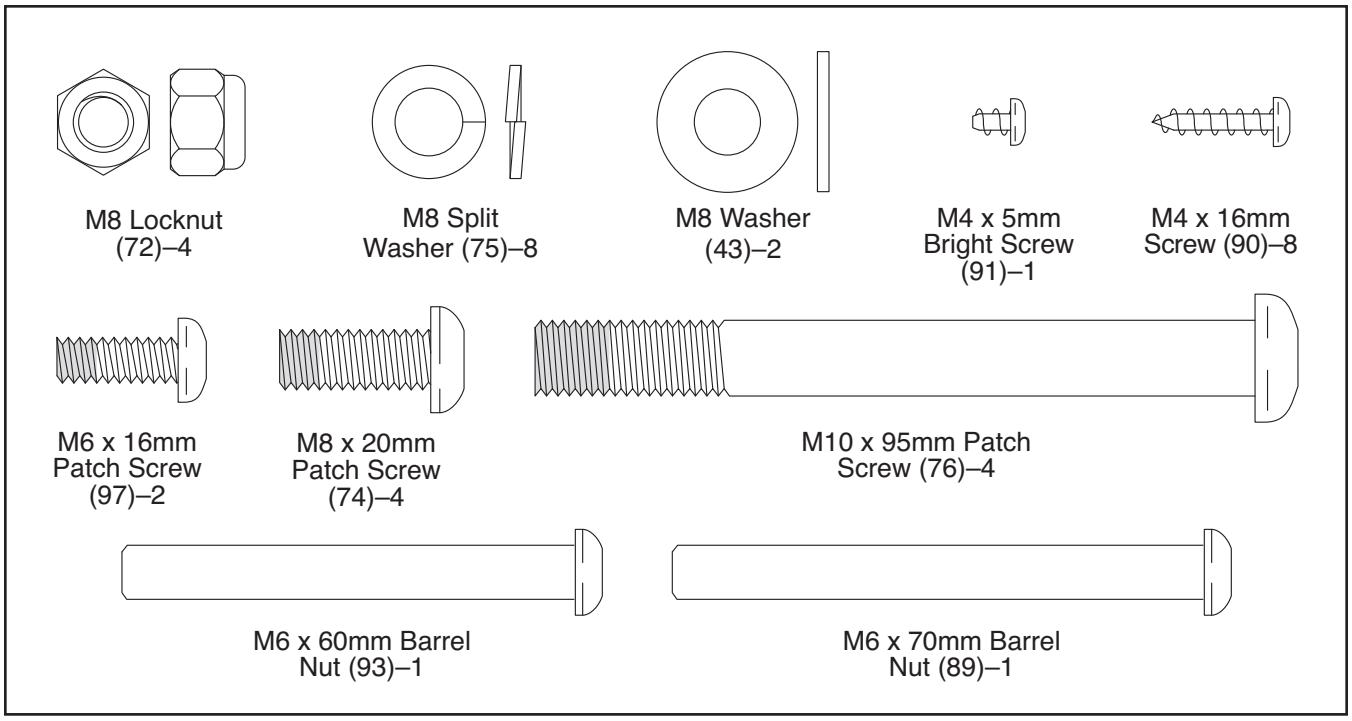


ASSEMBLY

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

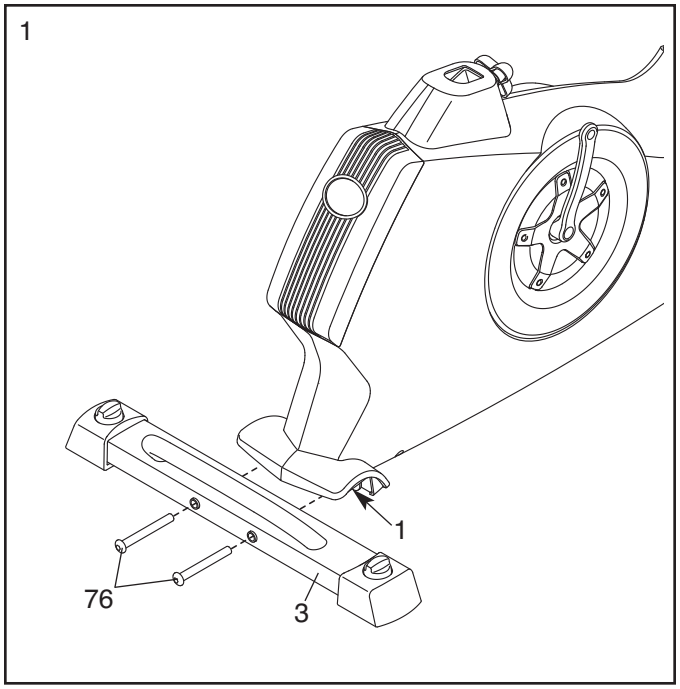
In addition to the included tool(s), assembly requires a Phillips screwdriver , an adjustable wrench , and a rubber mallet .

As you assemble the exercise cycle, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**

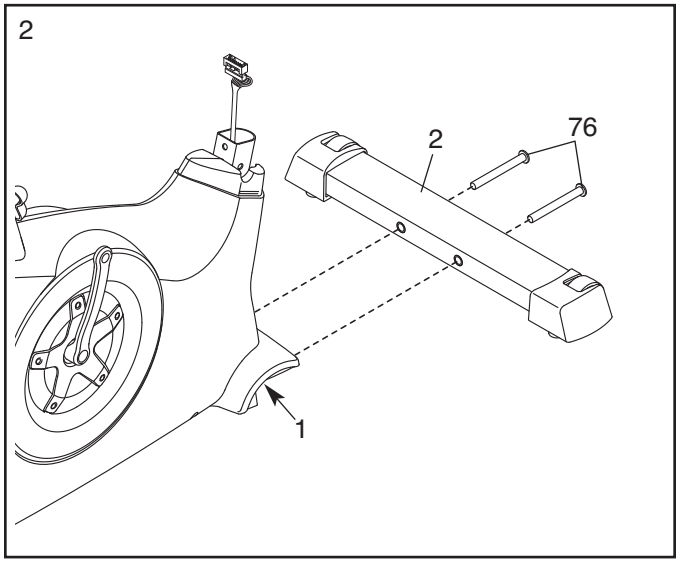


1. **To make assembly easier, read the information on page 5 before you begin.**

Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 95mm Patch Screws (76).



2. Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 95mm Patch Screws (76).

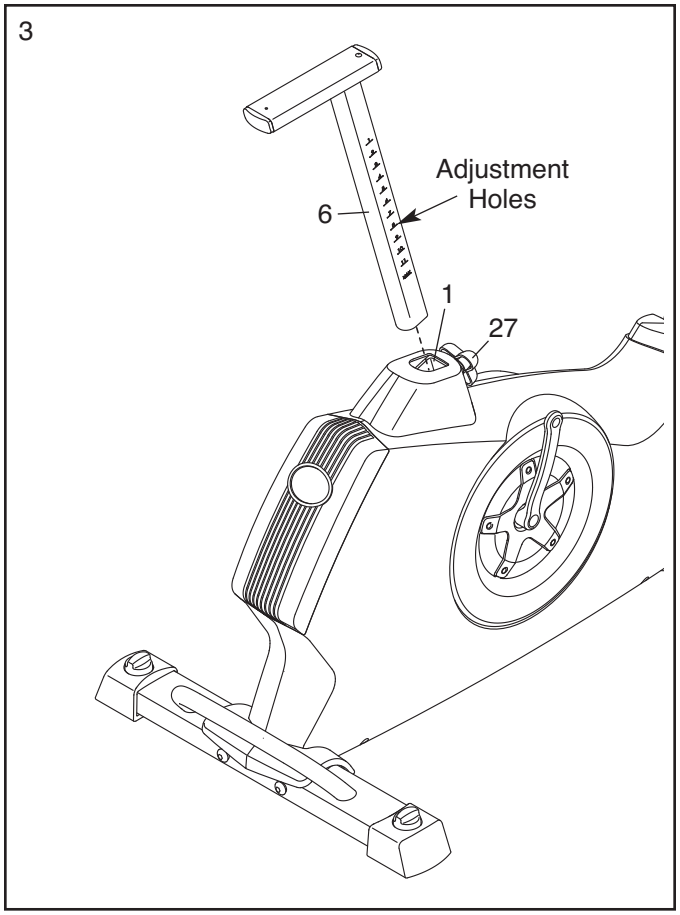


3. Loosen the Adjustment Knob (27) in the Frame (1) a few turns.

   Orient the Seat Post (6) as shown. Then, pull the Adjustment Knob (27) outward and insert the Seat Post into the Frame (1).

   Slide the Seat Post (6) upward or downward to the desired position, and release the Adjustment Knob (27).

   Move the Seat Post (6) upward or downward slightly to make sure that the Adjustment Knob (27) is engaged in one of the adjustment holes in the Seat Post. Then, tighten the Adjustment Knob.

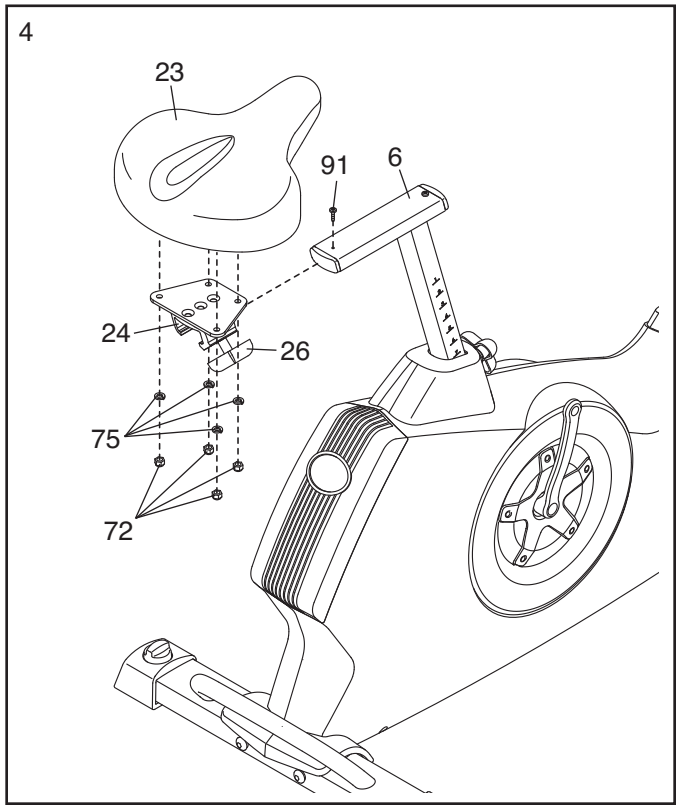


4. Orient the Seat (23) and the Seat Carriage (24) as shown.

   Attach the Seat (23) to the Seat Carriage (24) with four M8 Locknuts (72) and four M8 Split Washers (75).

   Slide the Seat Carriage (24) onto the Seat Post (6). Then, slide the Seat Carriage all the way forward and tighten the Seat Adjustment Knob (26).

   Attach an M4 x 5mm Bright Screw (91) to the rear of the Seat Post (6).



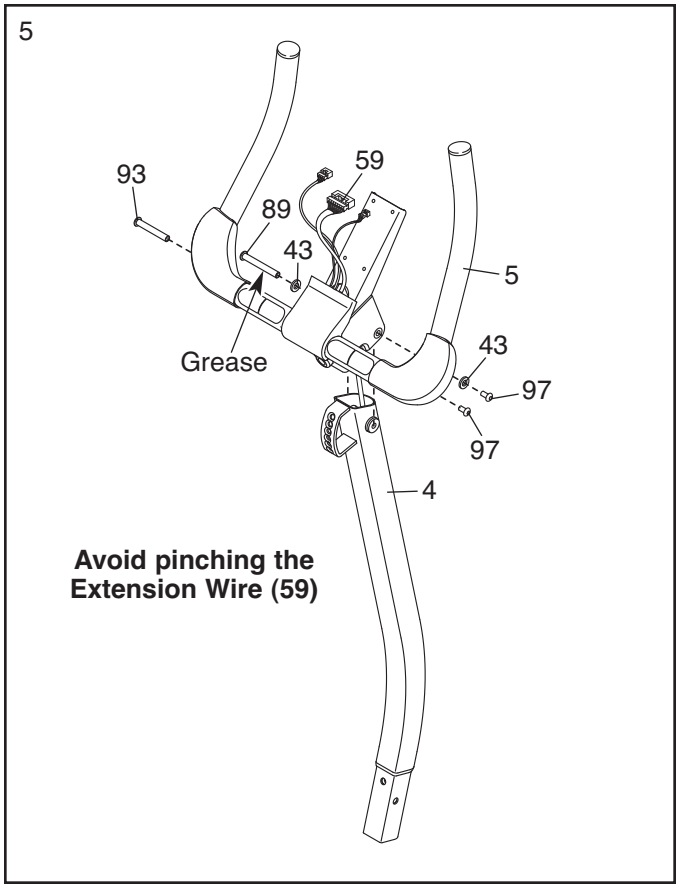
5. Apply some of the included grease to an M6 x 70mm Barrel Nut (89).

   Orient the Handlebar (5) and the Upright (4) as shown.

   While a second person holds the Handlebar (5) near the Upright (4), insert the Extension Wire (59) upward through the Handlebar.

   Tip: Avoid pinching the Extension Wire (59). Attach the Handlebar (5) to the Upright (4) with the M6 x 70mm Barrel Nut (89), two M8 Washers (43), and an M6 x 16mm Patch Screw (97).

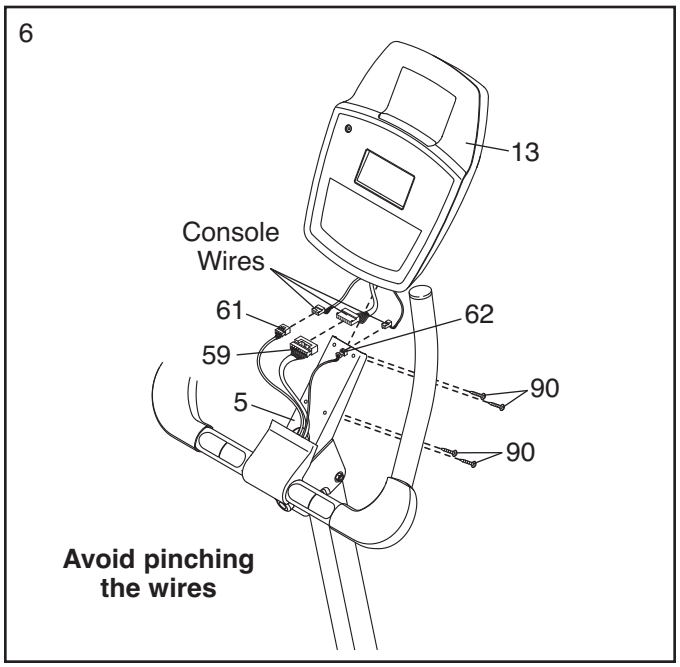
   Then, insert an M6 x 60mm Barrel Nut (93) through the lower bracket on the Handlebar (5). Tighten an M6 x 16mm Patch Screw (97) into the end of the Barrel Nut.



6. While another person holds the Console (13) near the Handlebar (5), connect the console wires to the Extension Wire (59), the Pulse Wire (61), and the Chest Pulse Wire (62).

   Insert the excess wire downward into the Handlebar (5) or upward into the Console (13).

   Tip: Avoid pinching the wires. Attach the Console (13) to the Handlebar (5) with four M4 x 16mm Screws (90).



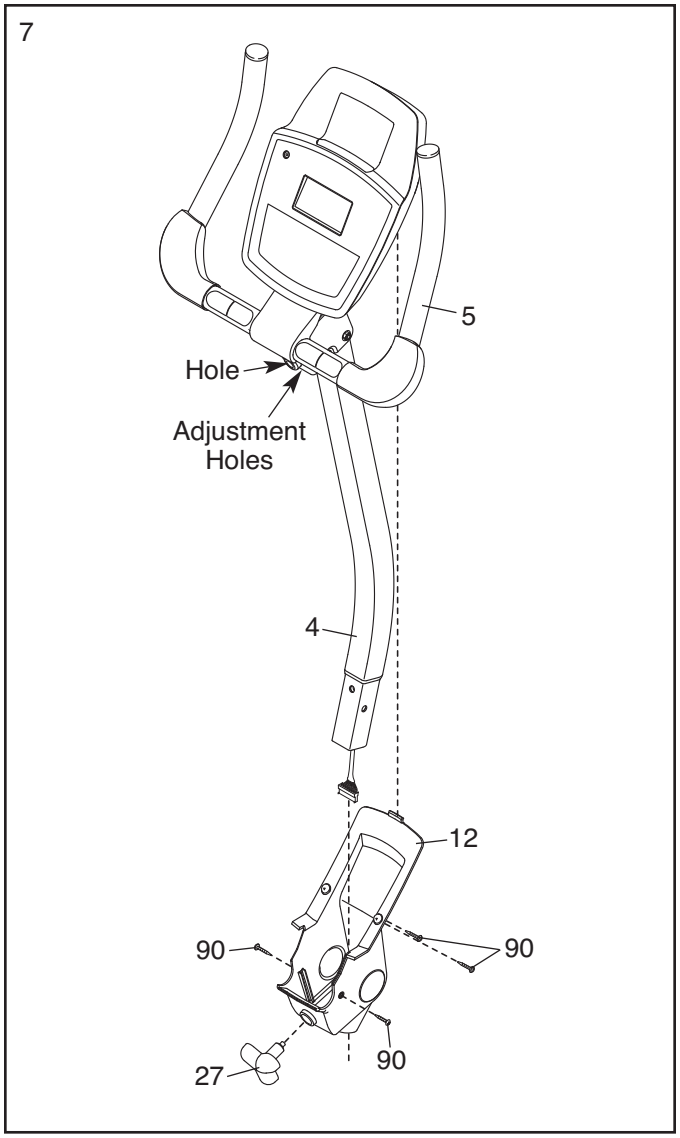
7. Orient the Upright (4) assembly and the Pivot Cover (12) as shown.

   Slide the Pivot Cover (12) upward to the Handlebar (5). **Tip: Bend and flex the Pivot Cover slightly to slide it over the Handlebar.**

   Attach the Pivot Cover (12) to the Handlebar (5) with four M4 x 16mm Screws (90).

   Pivot the Handlebar (5) until the hole in the Handlebar is aligned with an adjustment hole in the Upright (4).

   Tighten an Adjustment Knob (27) into the Handlebar (5) and an adjustment hole in the Upright (4). **Make sure that the Adjustment Knob is engaged in one of the adjustment holes.**



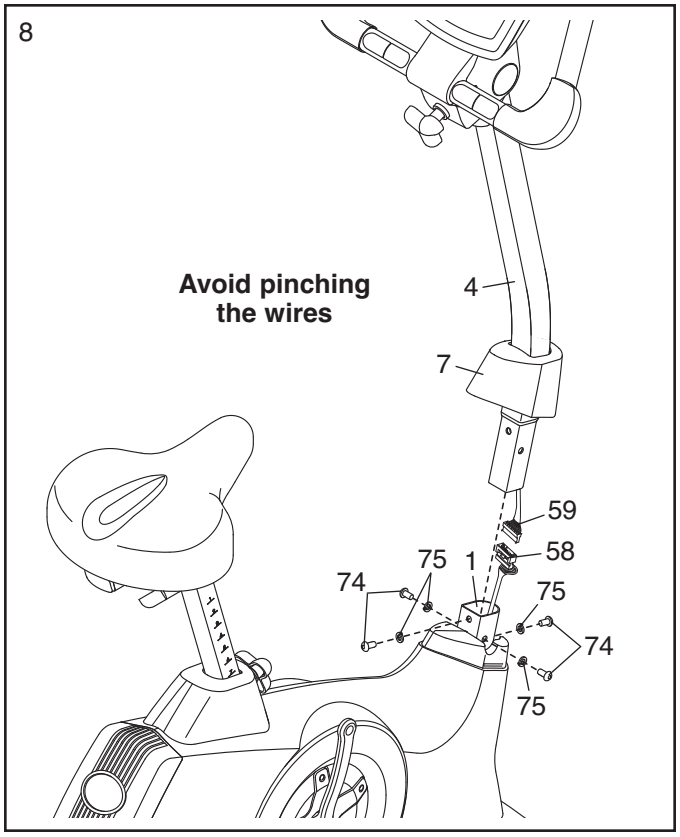
8. Slide the Front Shield Cover (7) upward onto the Upright (4).

   While another person holds the Upright (4) near the Frame (1), connect the Extension Wire (59) to the Wire Harness (58).

   Insert the Upright (4) into the Frame (1).

   Tip: Avoid pinching the wires. Attach the Upright (4) with four M8 x 20mm Patch Screws (74) and four M8 Split Washers (75).

   Slide the Front Shield Cover (7) downward to the Frame (1) and press it into place.



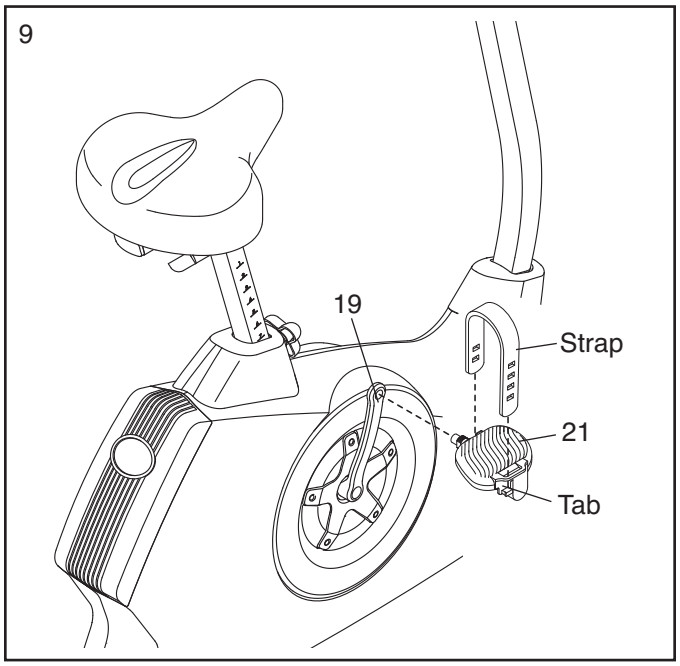
9. Identify the Right Pedal (21), which is marked with an "R."

   Using an adjustable wrench, **firmly tighten** the Right Pedal (21) *clockwise* into the Right Crank Arm (19).

   Tighten the Left Pedal (not shown) *counter-clockwise* into the Left Crank Arm (not shown).

   IMPORTANT: Tighten both pedals as firmly as possible. After using the exercise cycle for one week, retighten the pedals. For best performance, keep the pedals tightened.

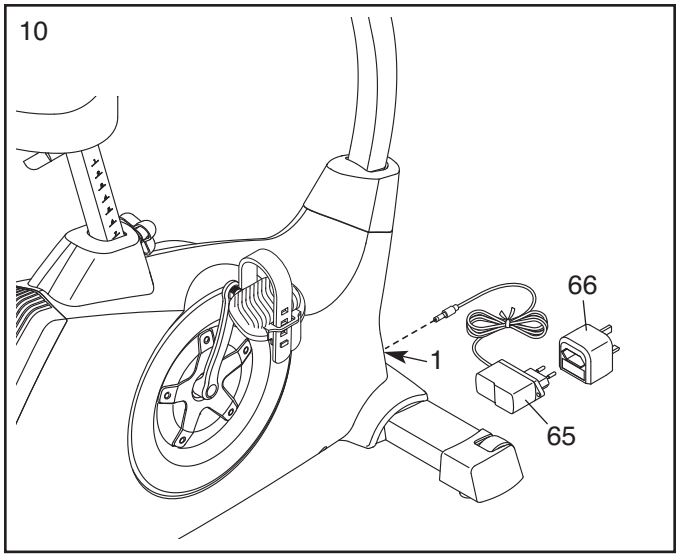
   Adjust the strap on the Right Pedal (21) to the desired position, and press the ends of the straps onto the tabs on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



10. Plug the Power Adapter (65) into the jack on the Frame (1).

    If necessary, plug the Power Adapter (65) into the Plug Adapter (66).

    To plug the Power Adapter (65) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.

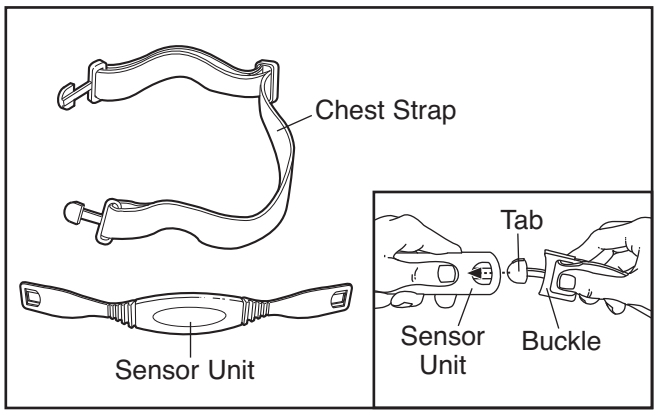


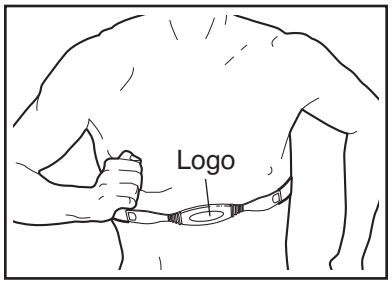
11. **Make sure that all parts are properly tightened before you use the exercise cycle. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet.

HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor has two components: a chest strap and a sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.





Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE

- Dry the chest pulse sensor after each use. The chest pulse sensor is activated when you wet the electrode areas and put on the chest pulse sensor; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, the battery may be drained prematurely.

- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.

- Do not expose the chest pulse sensor to direct sunlight for extended periods of time or to temperatures above 122° F (50° C) or below 14° F (-10° C).

- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.

- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. Hand wash and air dry the chest pulse sensor.

CHEST PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher.

- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.

- Position yourself near the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**

- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.

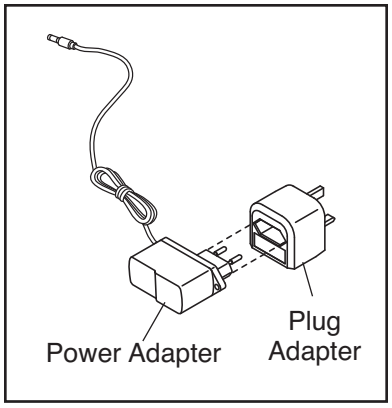
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the elliptical strider.

HOW TO USE THE EXERCISE CYCLE

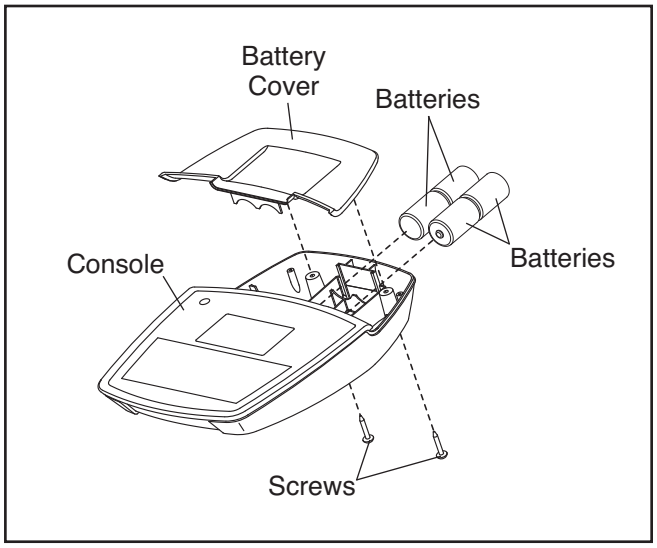
HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the exercise cycle has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the jack on the frame of the exercise cycle. Next, plug the power adapter into the plug adapter. Then, plug the plug adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

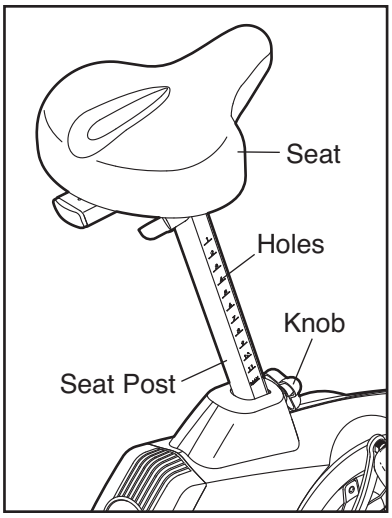


Note: The console can also be operated with four D batteries (not included); alkaline batteries are recommended. Remove the screws, remove the battery cover, insert the batteries into the battery compartments, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**



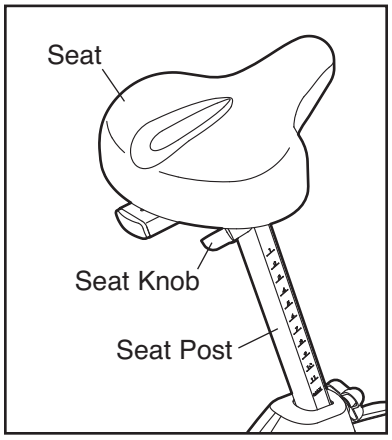
HOW TO ADJUST THE HEIGHT OF THE SEAT

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.



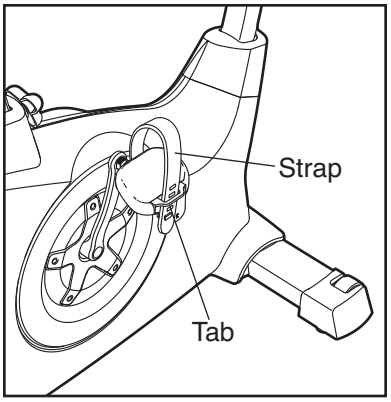
To adjust the seat, first loosen the adjustment knob a few turns. Next, pull the knob outward, slide the seat post upward or downward to the desired position, and then release the knob. **Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the knob.

HOW TO ADJUST THE LATERAL POSITION OF THE SEAT



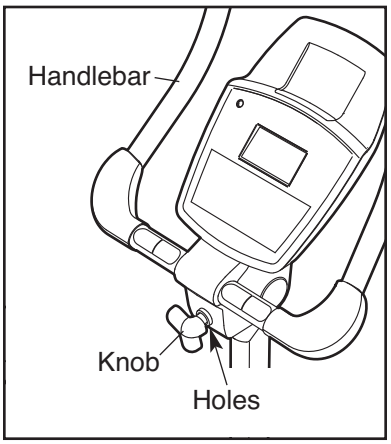
To adjust the lateral position of the seat, first loosen the seat adjustment knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the knob.

HOW TO ADJUST THE PEDAL STRAPS



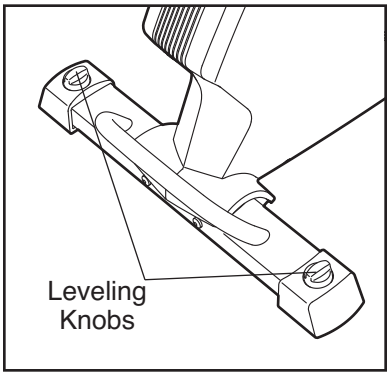
To loosen the pedal straps, pull the straps upward. To tighten the pedal staps, adjust the straps to the desired position, and press the ends of the straps onto the tabs on the pedals.

HOW TO ADJUST THE ANGLE OF THE HANDLEBAR



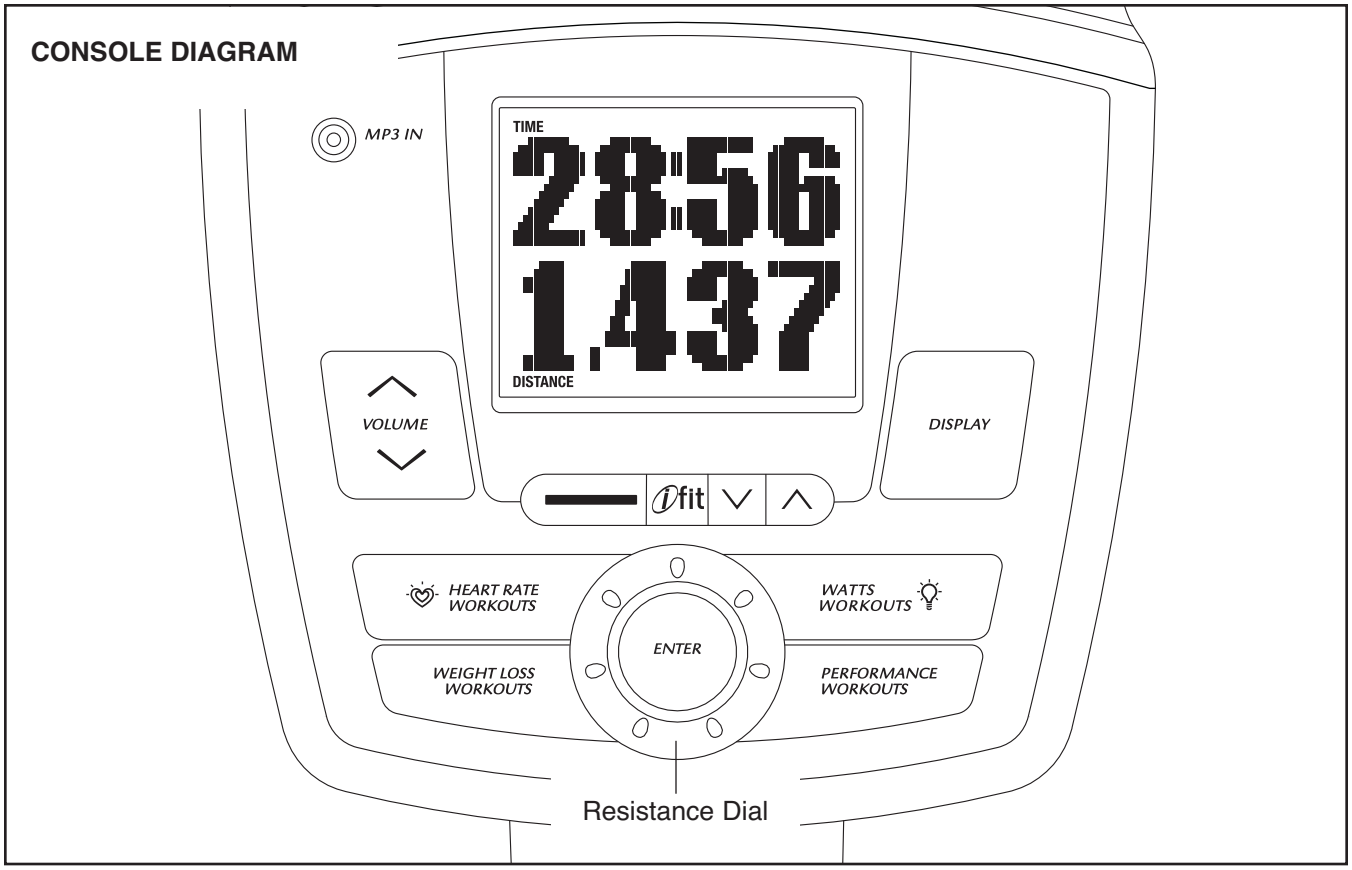
To adjust the angle of the handlebar, first loosen the adjustment knob a few turns. Next, pull the knob outward, pivot the handlebar to the desired angle, and then release the knob into an adjustment hole. **Make sure that the knob is engaged in one of the adjustment holes.** Then, tighten the knob.

HOW TO LEVEL THE EXERCISE CYCLE



If the exercise cycle rocks slightly on your floor during use, turn one or both of the leveling knobs on the rear stabilizer and adjust the leveling feet until the rocking motion is eliminated.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you select the manual mode of the console, you can change the resistance of the pedals with a turn of the dial. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the included chest pulse sensor.

The console offers twelve preset workouts—six weight loss workouts and six performance workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling speed as it guides you through an effective workout.

In addition, the console offers eight heart rate workouts that change the resistance of the pedals and prompt you to vary your pedaling speed to keep your heart rate near a target heart rate.

The console also offers three watts workouts that change the resistance of the pedals and prompt you to vary your pedaling speed to keep your power output near a target level.

The console features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To turn on the power, see page 16. **To use the manual mode,** see page 16. **To use a preset workout,** see page 18. **To use a heart rate workout,** see page 19. **To use a watts workout,** see page 20. **To use an iFit workout,** see page 21. **To use the sound system,** see page 21. **To change console settings,** see page 21.

Note: If there is a sheet of clear plastic on the display, remove the plastic.

HOW TO TURN ON THE POWER

IMPORTANT: If the exercise cycle has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power adapter (see HOW TO PLUG IN THE POWER ADAPTER on page 13). When the power adapter is plugged in, the displays will light and the console will be ready for use.

Note: The console can display speed in either kilometers or miles. To find out which unit of measurement is selected or to change the unit of measurement, see HOW TO CHANGE CONSOLE SETTINGS on page 21.

HOW TO USE THE MANUAL MODE

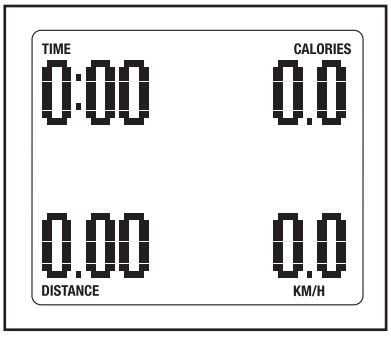
1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER above.

2. **Select the manual mode.**

   Each time you turn on the console, the manual mode will be selected.

   If you have selected a workout, reselect the manual mode by pressing any of the Workouts buttons repeatedly until zeros appear in the display.



3. **Begin pedaling and change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by turning the resistance dial.

   To increase the resistance, turn the resistance dial clockwise; to decrease the resistance, turn the resistance dial counterclockwise. Note: After you change the resistance, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the displays.**

   The console offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

   The displays can show the following workout information:

   Time—When the manual mode is selected, this display will show the elapsed time. When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.

   Speed—This display will show your pedaling speed, in kilometers per hour (KM/H) or miles per hour (MPH).

   Distance—This display will show the distance you have pedaled, in kilometers or miles.

   Calories—This display will show the approximate number of calories you have burned.

   Watts—This display will show your approximate power output in watts.

Pulse—This display will show your heart rate when you use the handgrip pulse sensor or the included chest pulse sensor (see step 5 below).

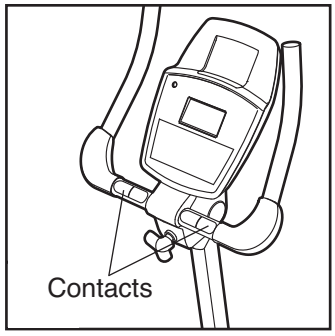
Resistance—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

Profile—When a workout is selected, this display will show a profile of the resistance settings for the workout.

Change the volume level of the console by pressing the Volume increase and decrease buttons.

5. **Measure your heart rate if desired.**

To use the included chest pulse sensor, see page 12. To use the handgrip pulse sensor, follow the instructions below. **IMPORTANT: If you wear the chest pulse sensor and hold the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.**



If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, your heart rate will be shown in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE A PRESET WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

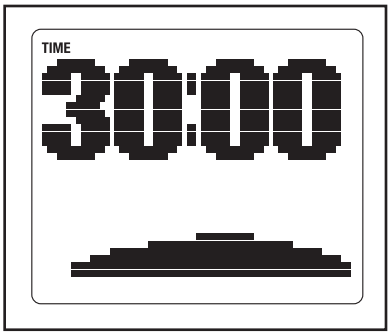
   See HOW TO TURN ON THE POWER on page 16.

2. **Select a preset workout.**

   To select a preset workout, first press the Weight Loss Workouts or the Performance Workouts button.

   Next, turn the resistance dial until the number of the desired workout appears in the display.

   Then, press the Enter button to select the workout. The workout time and a profile of the resistance levels for the workout will then appear in the display.



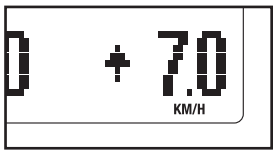
   Then, the target speed and the maximum resistance level for the workout will also appear in the display.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. One resistance level and one target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

   The workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

   When the first segment of the workout ends, the resistance level and the target speed for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.



   As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. When an upward arrow or the word FASTER appears in the display, increase your speed. When a downward arrow or the word SLOWER appears, decrease your speed. When no arrow appears or the words ON TARGET appear, maintain your current speed.

   IMPORTANT: The target speed is intended only to provide motivation. Your actual speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by turning the resistance dial. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

4. **Follow your progress with the displays.**

   See step 4 on pages 16-17.

5. **Measure your heart rate if desired.**

   See step 5 on page 17.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 17.

HOW TO USE A HEART RATE WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 16.

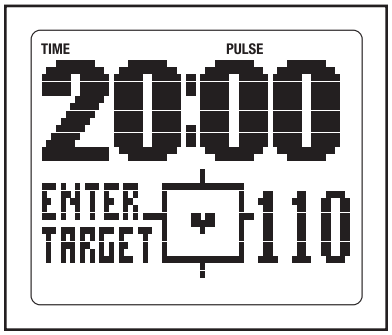
2. **Select a heart rate workout.**

   To select a heart rate workout, first press the Heart Rate Workouts button.

   Next, turn the resistance dial until the number of the desired workout appears in the display. Then, press the Enter button to select the workout.

3. **Enter a target heart rate setting.**

   A few seconds after you select a heart rate workout, the workout time and the words ENTER TARGET will appear in the display.



   A different target heart rate setting will be programmed for each segment of the heart rate workout. Turn the resistance dial to enter the desired **maximum** target heart rate for the workout (see EXERCISE INTENSITY on page 24). Then, press the Enter button.

4. **Hold the handgrip pulse sensor or wear the included chest pulse sensor.**

   To use a heart rate workout, you must wear the included chest pulse sensor or hold the handgrip pulse sensor (see step 5 on page 17).

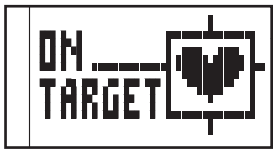
   If you use the handgrip pulse sensor, it is not necessary to hold the handgrip pulse sensor continuously during a heart rate workout; however, you should hold the handgrip pulse sensor frequently for the workout to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 15 seconds.**

5. **Begin pedaling to start the workout.**

   Each heart rate workout is divided into one-minute segments. One target heart rate is programmed for each segment. Note: The same target heart rate may be programmed for consecutive segments.

   During the workout, the console will regularly compare your heart rate to the target heart rate for the current segment of the workout. If your heart rate is too far below or above the target heart rate, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

   As you exercise, you will be prompted to pedal at a steady speed. When an upward arrow or the word FASTER appears in the display, increase your speed. When a downward arrow or the word SLOWER appears, decrease your speed. When no arrow appears or the words ON TARGET appear, maintain your current speed.



   IMPORTANT: Make sure to pedal at a speed that is comfortable for you. If the resistance level for the current segment is too high or too low, you can manually override the setting by turning the resistance dial; however, if you change the resistance level, you might not maintain the target heart rate.

   Also, when the console compares your heart rate to the target heart rate, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate.

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

6. **Follow your progress with the displays.**

   See step 4 on pages 16-17.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 17.

HOW TO USE A WATTS WORKOUT

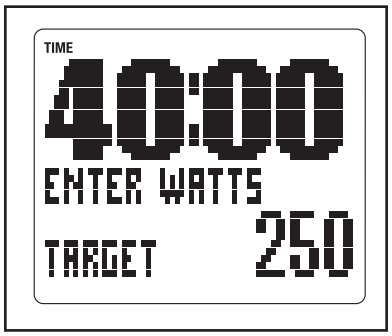
1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 16.

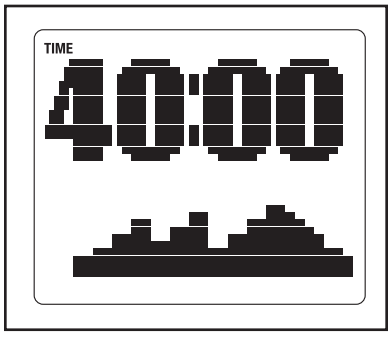
2. **Select a watts workout.**

   To select a watts workout, first press the Watts Workouts button. Next, turn the resistance dial until the number of the desired workout appears in the display. Then, press the Enter button to select the workout.

   If you select watts workout 1, the workout time and the words ENTER WATTS TARGET will appear in the display.



   If you select watts workout 2 or 3, the workout time and a profile of the resistance levels for the workout will appear in the display.



3. **If you selected watts workout 1, enter a target watts setting.**

   During watts workout 1, the same target watts setting will be programmed for all segments of the workout. Turn the resistance dial to enter the desired target watts setting.

4. **Begin pedaling to start the workout.**

   Watts workout 1 is divided into 40 one-minute segments. During the workout, the console will regularly compare your watts output to the target watts setting you entered for the workout. If your watts output is too far below or above the target watts setting, the resistance of the pedals will automatically increase or decrease to bring your watts output closer to the target watts setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

   Watts workout 2 or 3 is divided into 40 one-minute segments. One resistance level and one target watts level are programmed for each segment. Note: The same resistance level and/or target watts level may be programmed for consecutive segments.

   The workout profile will show your progress (see the drawing at the left). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

   As you exercise, you will be prompted to pedal at a target speed. When an upward arrow or the word FASTER appears in the display, increase your speed. When a downward arrow or the word SLOWER appears, decrease your speed. When no arrow appears or the words ON TARGET appear, maintain your current speed.

   IMPORTANT: The target speed is intended only to provide motivation. Your actual speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

   When the first segment of the workout ends, the resistance level and the target speed for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by turning the resistance dial. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.**

   To stop a workout at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the workout, simply resume pedaling.

5. **Follow your progress with the displays.**

   See step 4 on pages 16–17.

6. **Measure your heart rate if desired.**

   See step 5 on page 17.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 17.

HOW TO USE AN IFIT WORKOUT

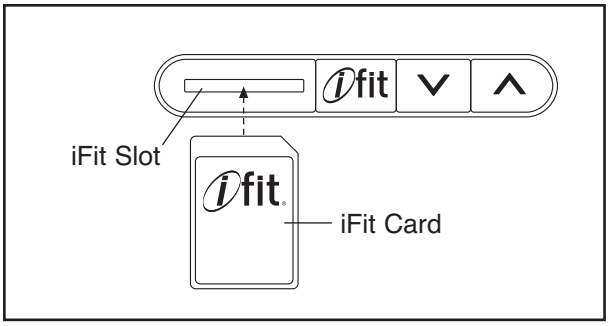
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 16.

2. **Insert an iFit card and select a workout.**

   To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so that the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will light and text will appear in the display.



   Next, select the desired workout on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

   A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout.

   iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 6 on page 18.

3. **When you are finished exercising, remove the iFit card.**

   Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

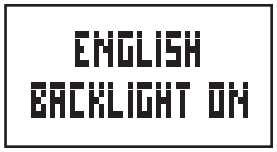
To play music or audio books through the console's sound system while you exercise, plug the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player or press the Volume increase and decrease buttons on the console.

HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to select a unit of measurement and a backlight option for the console.

To select the user mode, press and hold down the Display button for a few seconds until the user mode information appears in the display.



The console can show pedaling speed and distance in either kilometers or miles. The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display. To change the unit of measurement, press the Volume increase button repeatedly.

The console has three backlight options. The ON option keeps the backlight on while the console is on. The AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.

The currently selected backlight option will appear in the display. Press the Volume decrease button repeatedly to select the desired backlight option.

Press the Display button to save the console settings and exit the user mode.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 17.

If the console does not display your heart rate when you use the chest pulse sensor, see CHEST PULSE SENSOR TROUBLESHOOTING on page 12.

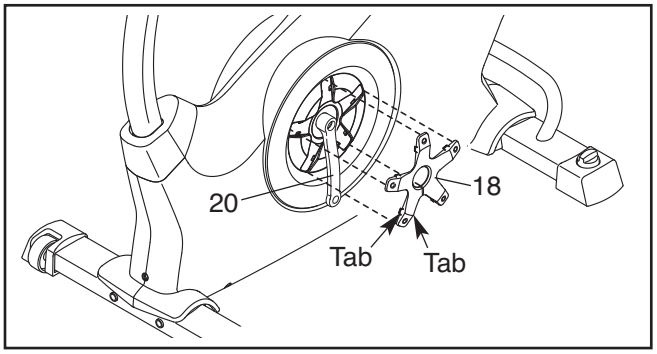
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, you must remove the left pedal, the left disc cover, and the left pedal disc.

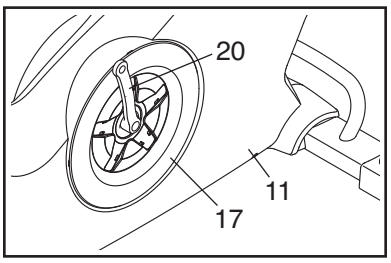
Using an adjustable wrench, turn the left pedal clockwise and remove it.

Rotate the Left Crank Arm (20) to a vertical position with the end of the Left Crank Arm pointing downward.



Using a flat screwdriver, release the tabs on each point of the left Disc Cover (18). Carefully work the left Disc Cover over the Left Crank Arm (20) and remove the left Disc Cover.

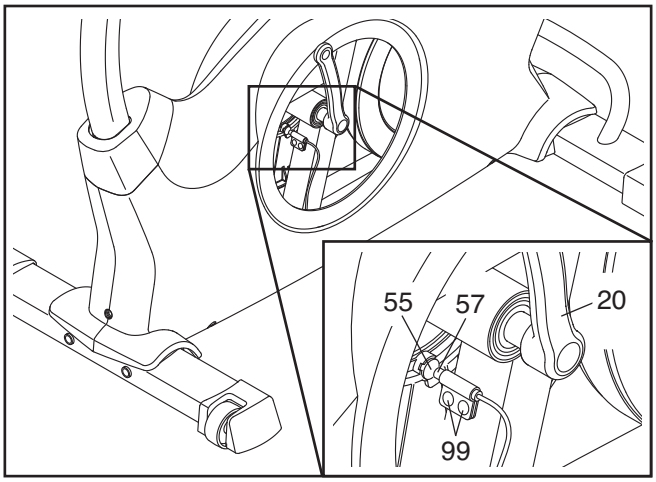
Next, rotate the Left Crank Arm (20) to a vertical position with the end of the Left Crank Arm pointing upward.



Rotate the left Pedal Disc (17) clockwise to release it from the Left Shield (11).

Then, work the left Pedal Disc (17) upward and remove it from the Left Crank Arm (20).

Locate the Reed Switch (57). Loosen, but do not remove, the two M4 x 16mm Flange Screws (99).



Next, rotate the Left Crank Arm (20) until a Magnet (55) is aligned with the Reed Switch (57). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Flange Screws (99).

Rotate the Left Crank Arm (20) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the left pedal disc, the left disc cover, and the left pedal.

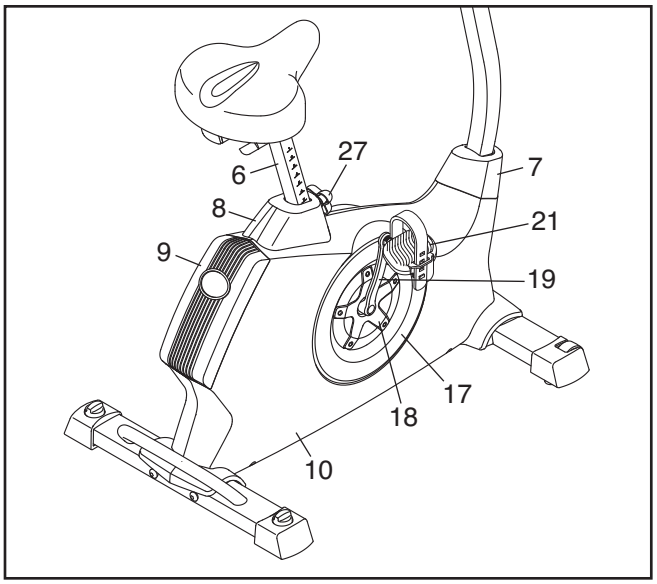
HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, you must remove the right pedal, the seat post, the top shield cover, the rear shield cover, the front shield cover, the right disc cover, the right pedal disc, and the right shield.

Using an adjustable wrench, turn the Right Pedal (21) counterclockwise and remove it.

Remove the Adjustment Knob (27) and remove the Seat Post (6).



Using a flat screwdriver, remove the Top Shield Cover (8) and the Rear Shield Cover (9). Then, use the flat screwdriver to release the Front Shield Cover (7).

Rotate the Right Crank Arm (19) to a vertical position with the end of the Right Crank Arm pointing downward.

Using a flat screwdriver, release the tabs on each point of the right Disc Cover (18). Carefully work the right Disc Cover over the Right Crank Arm (19) and remove the right Disc Cover. Note: See the drawings on page 22 for more detail.

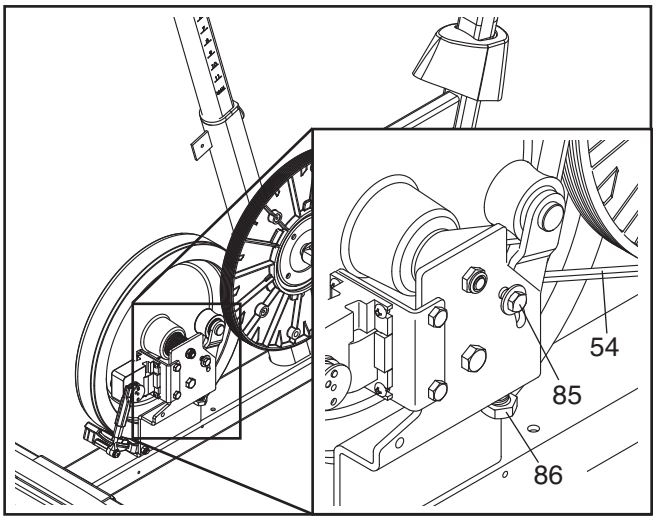
Next, rotate the Right Crank Arm (19) to a vertical position with the end of the Right Crank Arm pointing upward.

Rotate the right Pedal Disc (17) clockwise to release it from the Right Shield (10).

Then, work the right Pedal Disc (17) upward and remove it from the Right Crank Arm (19).

See the EXPLODED DRAWING on page 27 and remove the M4 x 19mm Screws (95) and the M4 x 25mm Screws (96) from the Right and Left Shields (10, 11). Then, remove the Right Shield.

Next, loosen the M6 x 20mm Hex Screw (85). Then, tighten the M10 x 65mm Hex Screw (86) until the Drive Belt (54) is tight.



When the Drive Belt (54) is tight, tighten the M6 x 20mm Hex Screw (85).

Then, reattach the right shield, the right pedal disc, the right disc cover, the front shield cover, the rear shield cover, the top shield cover, the seat post, and the right pedal.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♡
145	138	130	125	118	110	103	♡
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. NTEVEX78009.0

R0909A

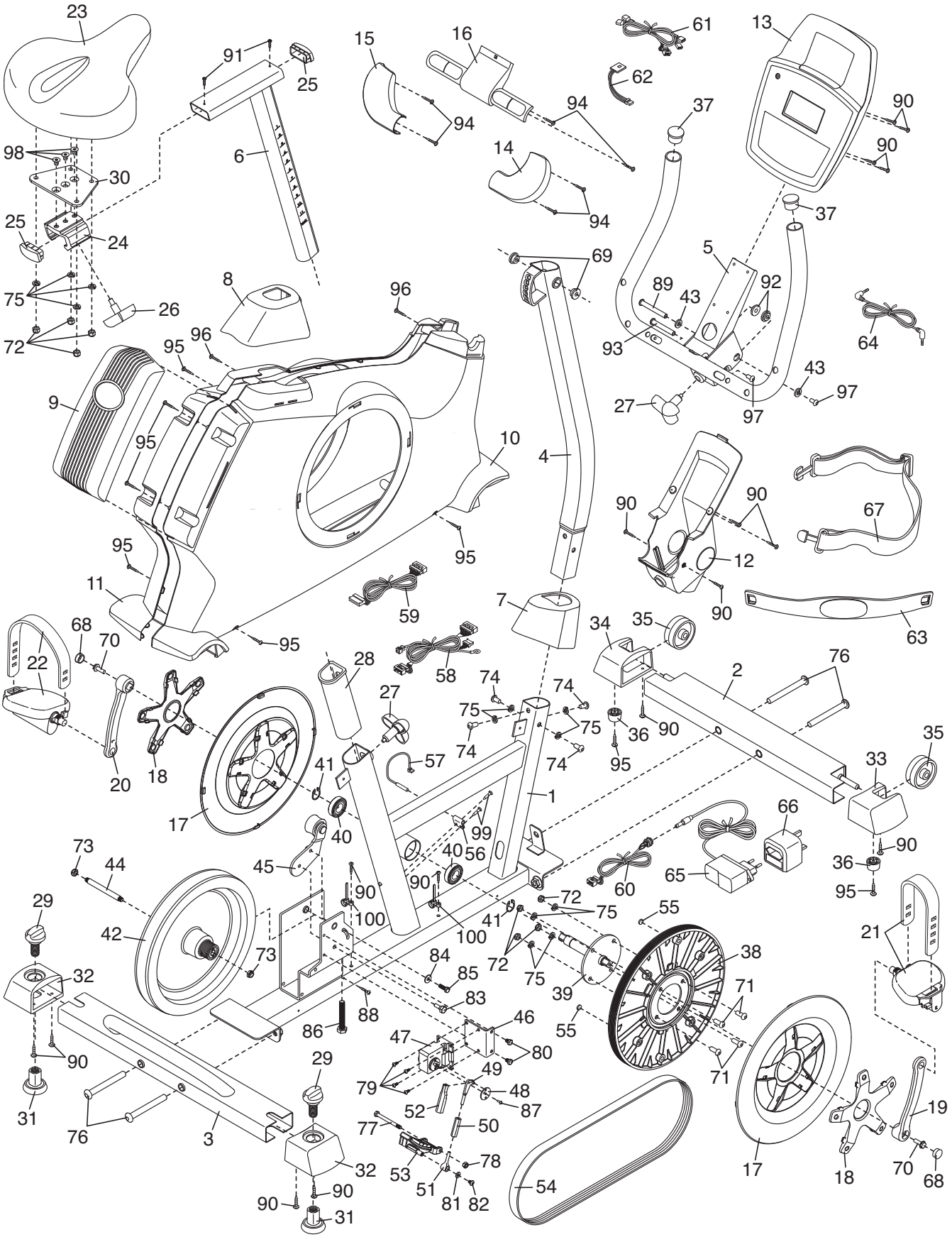
Key No.	Qty.	Description
1	1	Frame
2	1	Front Stabilizer
3	1	Rear Stabilizer
4	1	Upright
5	1	Handlebar
6	1	Seat Post
7	1	Front Shield Cover
8	1	Top Shield Cover
9	1	Rear Shield Cover
10	1	Right Shield
11	1	Left Shield
12	1	Pivot Cover
13	1	Console
14	1	Right Pad
15	1	Left Pad
16	1	Pulse Sensor
17	2	Pedal Disc
18	2	Disc Cover
19	1	Right Crank Arm
20	1	Left Crank Arm
21	1	Right Pedal/Strap
22	1	Left Pedal/Strap
23	1	Seat
24	1	Seat Carriage
25	2	Seat Post Cap
26	1	Seat Adjustment Knob
27	2	Adjustment Knob
28	1	Seat Post Sleeve
29	2	Leveling Knob
30	1	Seat Bracket
31	2	Leveling Foot
32	2	Rear Stabilizer Cap
33	1	Right Stabilizer Cap
34	1	Left Stabilizer Cap
35	2	Wheel
36	2	Foot
37	2	Handlebar Cap
38	1	Pulley
39	1	Crank
40	2	Crank Bearing
41	2	Snap Ring
42	1	Flywheel
43	2	M8 Washer
44	1	Flywheel Axle
45	1	Idler
46	1	Motor Bracket
47	1	Resistance Motor
48	1	Resistance Disc
49	1	Upper Resistance Arm
50	1	Resistance Arm Nut
51	1	Lower Resistance Arm
52	1	Arm Lock
53	1	C-magnet
54	1	Drive Belt
55	2	Magnet
56	1	Clamp
57	1	Reed Switch/Wire
58	1	Wire Harness
59	1	Extension Wire
60	1	Power Receptacle/Wire
61	1	Pulse Wire
62	1	Chest Pulse Receiver/Wire
63	1	Chest Pulse Transmitter
64	1	Audio Cable
65	1	Power Adapter
66	1	Plug Adapter
67	1	Chest Strap
68	2	Crank Cap
69	2	Upright Pivot Bushing
70	2	5/16" Flange Screw
71	4	M8 x 20mm Button Bolt
72	8	M8 Locknut
73	2	M8 Jam Nut
74	4	M8 x 20mm Patch Screw
75	12	M8 Split Washer
76	4	M10 x 95mm Patch Screw
77	1	M6 x 65mm Hex Screw
78	1	M6 Locknut
79	4	M4 x 12mm Screw
80	2	M6 x 8mm Hex Screw
81	1	M5 Washer
82	1	M5 x 7mm Screw
83	1	M6 x 14.67mm Shoulder Screw
84	1	M6 Washer
85	1	M6 x 20mm Hex Screw
86	1	M10 x 65mm Hex Screw
87	1	M3.5 x 12mm Screw
88	1	M4 x 12.7mm Bright Screw
89	1	M6 x 70mm Barrel Nut
90	16	M4 x 16mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
91	2	M4 x 5mm Bright Screw	97	2	M6 x 16mm Patch Screw
92	2	Handlebar Pivot Bushing	98	3	M8 x 17mm Flat Head Screw
93	1	M6 x 60mm Barrel Nut	99	2	M4 x 16mm Flange Screw
94	6	M4 x 19mm Flat Head Screw	100	2	Wire Clamp
95	8	M4 x 19mm Screw	*	–	Assembly Tool
96	2	M4 x 25mm Screw	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. NTEVEX78009.0

R0909A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

Part No. 282316 R0909A

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